

What's Happening?

A NEWSLETTER

FOR THE MAINE MEDICAL CENTER FAMILY

Massage therapy available soon to employees

What would you say to a massage during your break, lunch hour, or after work? We bet you'd say "sure!" You probably already know that massage relaxes tense muscles, helps manage stress, has a positive impact on mood, encourages general relaxation, and can improve circulation and immune system functioning.

Starting this July, MMC employees will be able to see if massage can improve their health and well-being right at the workplace. You'll be able to make arrangements for 15- or 30-minute massages at the Bramhall Campus during break or lunch time, or at a time outside scheduled work hours.

Payment for massages will be handled through payroll deduction at the time of the appointment. A 15-minute chair massage will be \$20; a 30-minute table massage will be \$30. These prices are comparable to those charged for similar services locally.

Three licensed massage therapists will be available by appointment Mondays (0900-1300 hrs.), Tuesdays (1400-1700 hrs.), and Fridays (0900-1200 hrs.): Julie Keen, LMT, Ellen Hartmann, LMT, and Cynthia

MASSAGE, SEE P.2

CarePartners tackles health insurance crisis

MaineHealth and a wide-ranging group of partners are taking an innovative approach to the health insurance crisis. CarePartners will bring together hospitals, doctors, and home care providers to offer managed healthcare and pharmaceutical coverage to people with limited income who cannot obtain insurance through their employers and are not eligible for government programs. The program began Tuesday, June 12, in Cumberland, Kennebec, and Lincoln Counties with \$1.2 million in grant funds and another \$1 million contributed by partnering hospitals. In addition, the partners have agreed to donate some \$10 million in care to CarePartners enrollees.

"Government has not been able to solve the health insurance crisis, and the health insurance industry has not been able to solve it," says Warren Kessler, Director of CarePartners. "We have partnered with other healthcare providers, insurers, and the government to find at least a partial solution to the problem. The hospitals, doctors, and others who have joined CarePartners are making an enormous contribution to a healthier Maine."

CarePartners expects to serve 5,000 people over three

years, and hopes to expand the program as it demonstrates success and more partners sign on.

The MaineHealth Access Project, which gave rise to the CarePartners coalition, conducted a study last year in the three pilot counties. It found that the majority of people without health insurance are employed, and that there is a direct correlation between insurance and health status. The rate of uninsurance is 10% in Cumberland County, 14% in Kennebec County, and 18% in Lincoln County.

"Lack of health insurance has become a middle-class problem," says Kessler. "The model of employer-sponsored health insurance is obviously not working for all Maine people, and with CarePartners the people who provide healthcare are stepping in to answer the need so clearly demonstrated in our study."

The most important features of CarePartners are its "care management" and primary care physician components. Hospitals and physicians already provide a substantial amount of free and low-cost care, and emergency rooms in particular often provide primary care to the uninsured. Enrollees in CarePartners will

CAREPARTNERS, SEE P.2



Appearing above, from left: Norma Balser, Portland High School, DiDonator, St. Germain, and Dick Balser, Director, Vocational Services. Vocational Services Photo.

MESSAGE, FROM P.I

Garner, LMT. You'll be able to schedule a massage by going to MMC's intranet home page, selecting Department Index, and choosing Employee Massage. If demand for this service is great

enough, additional days and times will be added.

Employee massage services will be available on the fourth floor of the Maine General Building. Watch for details on how you can treat yourself to a massage soon!

CAREPARTNERS, FROM P.I

have a primary care physician and a care manager, who will ensure that they receive coordinated healthcare services and also assist with referrals to community support services.

"There is a great deal of charity care given today," Kessler says, "but it is episodic and uncoordinated. Our aim is to build on existing resources, and get people into the system and care for them when they're well, not just when they're sick. Programs that use this approach in other areas of the country have documented a reduction in emergency room visits, better medication compliance, a reduction in office visits over time, and improved health status as reported by enrollees. We expect that ultimately this program will

save society money while creating healthier citizens."

CarePartners is unique in its scope and scale, and also in the depth and breadth of its partnerships. A key component is the participation of private physicians, and Kessler says the response from the physicians has been overwhelmingly positive. Hospitals have also been quick to respond, and the coalition includes traditional competitors such as Maine Medical Center and Mercy Hospital and MaineGeneral Medical Center and Inland Hospital.

"Community health status is a non-partisan, non-competitive issue," Kessler says. "This program simply couldn't exist without the voluntary contribu-

Pair honored for commitment to mentoring

MMC presents the President's Award each year to an outstanding mentor and mentee. It is given to a pair who show a strong level of commitment to the relationship and where there is a marked improvement in academic levels. In this case, there was a significant impact on the mentee's life as a result of the one-to-one relationship of her mentor.

This year's honorees are Betsy St. Germain, Nurse Specialist, Breast Care Center, and Taresa DiDonato. As always, it was difficult to select one pair, as each mentor/mentee relationship is unique.

If you are interested in getting involved with the Portland Mentoring Alliance, please call Elisa Chadwick, 871-2088, or email chadwe@mmc.org.

tions by providers. We are all interested in being part of the solution to what has proven to be an intractable problem. We know we can't be the entire solution, but this will be an important piece."

Kessler is particularly encouraged by the participation of physicians and the readiness of Anthem Blue Cross and Blue Shield to participate. He also notes that the Robert Wood Johnson Foundation, which was a major funder of the insurance study, demonstrated its continued confidence in CarePartners by providing major funding for the pilot project. The Health Resources and Services Administration of the U.S. Department of Health and Human Services also has contributed major first-year funding.



NURSING BI-LINE

A Publication of Nursing Services

JUNE 20, 2001

Nurse to Nurse

"Summertime and the livin' is easy" doesn't necessarily apply to Maine. With a stiff back, sore knees, and dirty fingernails, I'm tired but resting contentedly. My labors from last fall and this spring are bearing fruit in the form of gorgeous flowers. The spring blooms are gone with the summer beauties upon us. As any gardener knows, growing perennials takes a bit of faith because one can never be sure that the labors of the past year will pay off. After squirrels discover the delicate tastes of your bulbs, a severe winter with too much or too little snow can destroy any number of your favorite flowers. Like so much of life, gardening demonstrates a belief in the future. In my experience, this faith produces outstanding results.

At Maine Medical Center, our thoughts are clearly on the future. Our search for the new Vice President of Nursing is well underway. We've interviewed six initial applicants, several of whom are excellent candidates for the position. By the time this edition of Nursing Bi-Line is published, lengthy interviews will be scheduled for these candidates. You will recall that earlier this spring each Nursing Unit chose a staff member to represent their Unit's interests during the search process. These volunteers then selected two represen-

tatives from each of their Nursing divisions to serve on the interview team. As I move throughout the hospital, I can see by the postings that your divisional representatives have solicited your input in the process. Make sure that you contact one of your representatives and let him or her know what you believe are vital qualities for the successful Vice President of Nursing. The Senior Management team values your opinion and seeks the input of the Nursing representatives on the Search team.

Our eyes are also on the future as we consider the projected nursing shortage and designs that we might use at MMC to enhance our future recruiting efforts. Within the next month, we'll be asking nursing volunteers to serve on focus groups. We'll solicit your opinion about strategies that MMC should use to ensure our ability to recruit nurses. Because recruitment dollars are not limitless, we'll be asking for your opinion on the use of these funds. Some of the questions that we'll consider are: Does MMC pay for the education of future nurses? Do we offer loan forgiveness to graduating nurses? How does that affect our existing nursing staff and their education loans? Your thoughts and opinions are important; try to attend

one of the focus groups.

While "summertime livin'" in Maine isn't always easy, it's always enjoyable. Take time to enjoy the flowers – yours or another gardener's – and cherish the warmth and cool ocean breezes. It's the sustenance we need during the long winter months. Although it's vital to look to the future for hope, it's the beauty of the present moment that's priceless.

--Marty Riehle, RN, Interim Vice President, Nursing Services

The Nursing Research Committee

The Nursing Research Committee provides an opportunity to improve patient care through the research and research utilization process. We meet the third Monday of the month, from 1000 – 1200 hours. Under the guidance of Nurse Researcher, Alyce Schultz, RN, PhD, the Committee explores strategies to enhance the research process at MMC. Our 2001 goals include:

- Support staff and others who have expressed interest in research, research utilization, or the research process.
- Enhance the nursing contribution to the MMC research mission and/or professional practice
- Evaluate and address research developmental needs of Research Committee Members.

It has been a very busy year thus far! The Research Committee conducted the GIAP (Geriatric Institutional Assessment Profile) survey last spring to examine attitudes and knowledge about caring for our elderly patients. Currently, Nursing Resources is using these data to enhance nursing knowledge about the care of the confused patient. Stay tuned for further information on this pilot project involving R6!

In order to meet the Committee's learning needs, we hosted a consultation visit with Cheryl Stetler, RN, PhD, FAAN, on her evidence-based practice model. Since her visit in January, the Committee has had some in-depth dialogue around whether the Stetler Model would provide MMC a framework to enhance patient outcomes. Currently, several members of the committee are using their new skills to evaluate research literature to support a project on R1 being conducted by Paulette Gallant.

Members of the Research Committee participated in Maine Medical Center Research Institute's Research 2001 with both poster and oral presentations. The Research Committee also arranged for the Research Poster display as part of the traditional Nurses' Week Celebration. We reviewed the nursing research projects that occurred during the past year at MMC and identified the winners of this year's Nursing Research and Research Utilization Awards.

Now our big project is the development of a Nursing Research Conference for Fall 2001. The purpose of the conference would be to provide a forum for nurses to share 'Best Practices'

for enhancing patient outcomes based on research or research utilization. You'll be hearing more about this in upcoming issues of Nursing Bi-Line.

If you have an interest in attending a meeting, or if you wish to provide any input to the Committee, please feel free to contact any Committee Member: Linda Pearson, Nursing Director; Kathy Nadeau, Gerontology Nurse Coordinator; Paulette Gallant, Staff Nurse, R1; Kim Kern, Staff Nurse, OR; Doug Schlichting, Critical Care; Nancy Sturdevant, HN, R3; Paula White, Critical Care Outreach; Tammy Whiting, Staff Nurse, BBCH; Kelly Lancaster, Staff Nurse, ASU/Brighton; Noreen Vincent, Faculty, UNE; Susan Sepples, Faculty, USM; Peggy Hourigan, Faculty, St. Joseph's College; Alyce Schultz, Nurse Researcher; or Susan Goran, Nursing Resources and Committee Chair.

— Susan Goran, RN, MSN,
Staff Development Specialist

Nursing Quality Committee

Performance Improvement is typically defined as meeting and exceeding the needs and expectations of those we serve. Nursing Services strives to meet these needs by continuously improving service, processes, and outcomes.

The Nursing Quality Committee is responsible for addressing Performance Improvement priorities identified by nursing leadership. The Committee serves as a resource to management and staff within Nursing for Performance Improvement tools and processes.

Select indicators are tracked and trends and actions are reported to nursing leadership. The Committee also reviews annual Quality Goals and Plans for departments to identify common improvement needs, common learning needs, and interdisciplinary involvement.

The Committee currently reviews reports on Patient Satisfaction, Adverse Drug Events, Falls, and Pressure Ulcer Prevalence. We have been working with selected units to identify the root causes of falls and skin breakdown and to determine how to reduce these rates.

New projects this year include monitoring Pain and Patient Identification. Most nurse managers met recently with Alyce Schultz and myself to develop a trial survey tool that will evaluate how well we are meeting the pain policy and if we are managing patients' pain. This tool, that incorporates a check for ID bands, will also help us track patient satisfaction with pain management.

We revised the Institutional Policy for Patient Identification and recommended and implemented standardization to one color band (green) for all Inpatient and Outpatient areas. We are now collecting and analyzing monthly unit-specific audit reports on missing ID bands.

The committee members are Cindy Bridgham, Performance Improvement; Donna Burnell, Risk Management; Mary Griffin, HN, Brighton Surgical Center, (Chair); Aden Henry, HN, BBCH Inpatient Unit; Andria Moore, HN, P3CD; Lynn Moulthrop, Clinical Director; Carole Parisien, Nursing Systems & Information; Alyce Schultz, Nursing Research.

We meet the 3rd Friday of the

month from 0830-1030 hours and would welcome your attendance, ideas, and input on performance improvement. Please contact me at 879-8380 or email griffim@mmc.org.

--Mary Griffin, HN,
Brighton SurgicalCenter

Care Standards Committee

"It's all about patient care." That is the message the Care Standards Committee seeks to convey. Standards of Care reflect your practice and the care you give each of your patients.

It's not just about documentation, but if it is not documented, it was not done. How many times have you heard that? It was evident during the recent JACHO survey that nurses are not clear in viewing the **Standard of Care** as the Plan of Care for the patient. Although Standards of Care are driven by medical diagnosis/conditions, they are created and are used by nurses to identify and address all the components necessary for developing a **Plan of Care** for each patient.

The Standards of Care Committee is currently reviewing Standards of Care for the critical care areas: CICU, CSRU, SCU, ED, and PACU.

The Standards of Care Committee invites any interested staff nurse to join this dynamic team. If you are interested, please contact any of the members for more information.

The committee members include: Margaret Estee RN, AHN, PACU, Chairperson; Lois Bazinet, RN, Nursing Resources; Donna Burnell, RN, Risk Management; Joseph Carter, RN, AHN, P3CD; Jacqueline

Edgecomb, PhD, Nursing Systems Specialist; Carole Parisien, RN, Nurse Analyst; Ann Rust, RN, Discharge Planning Coordinator; Phil Scavotto, RN, AHN, SCU; Karen Taylor, RN, ED; and Doris Skarka, RN, Clinical Director, Nursing. Committee meetings are the first and third Wednesday of each month.

—Margaret Estee, RN, AHN, PACU

Practice Committee Update

The Practice Committee continues to meet the first Tuesday of every month from 1500—1600 hours in the Dana Center.

Policy regarding Non-Infectious Precautions: We were asked to investigate the use of non-infectious precautions and make recommendations related to nursing practice and the use of these precautions.

Insulin Policy (draft): The committee was asked to review the most updated version of the insulin administration policy as it relates to nursing practice. We agree that it is ready to be reviewed by the policy and procedure committee.

Job Descriptions: We are reviewing the most recent review dates of nursing job descriptions and will make recommendations for updating them as needed.

Clinical Ladder: The subcommittee continues to meet every two weeks for two hours to discuss Clinical Ladder Advancement. The latest update is that site visits have been planned to three other major hospitals that have Professional Nurse Advancement and Recognition Programs in place.

Recruitment and Retention: The committee is reviewing with

Human Resources what programs are in place and what programs are planned for the future to retain employees.

As always, any feedback can be addressed to a committee member or to me.

—Lisa Jackson RN, AHN,
BBCH Inpatient Unit

Research Connection

Nursing Research Awards

On May 15 Marty Riehle, RN, Interim Vice President, Nursing Services, and Vince Conti, President and Chief Executive Officer, presented the annual Nursing Research Awards during the Nurse Management Meeting. To be eligible for a Research Award, one must be a primary investigator of a research study or serve as the primary coordinator of a Research Utilization project completed during the previous year.

Recipients of this year's Research Conduct Awards were Tania Strout, Barry Worthing, and Pam Jordan for completion of their project evaluating the safety, tolerability, and efficacy of iontophoresis with lidocaine prior to venipuncture in children admitted to the Emergency Department, and Tina Whipkey, Terri Mathew, Noreen Byrne-Vincent, and Susan Goran for their study comparing the effectiveness of acupressure bands and Droperidol in reducing postoperative nausea and vomiting in gynecological patients. Both studies were accepted as scientific presentations for the Sigma Theta Tau International conference in November.

Recipients of this year's Research Utilization Awards were Jennifer Morton for her initiative and coordination in selecting an age-appropriate pain

scale and implementing pain assessment as the 5th Vital Sign in NICU and Paulette Gallant for her leadership in the assessment and reduction of phlebitis for patients on R1. Paulette and Jennifer will also present at the Sigma Theta Tau International conference as part of a clinical colloquia on "Leading the Way to Clinical Excellence: Integrating Research at the Bedside." Susan Reeder, Burn Resource Nurse, previous recipient of the Research Utilization Award, and the Award winners from the Emergency Department will also be part of this colloquia. *Please extend your congratulations to these outstanding clinical researchers.*

Alyce Schultz, RN, PhD, was honored by the Kappa Zeta Chapter of Sigma Theta Tau International for her leadership in promoting clinical research at MMC and throughout the state at their annual meeting in Portland on June 7.

New Funding

Alyce Schultz, RN, PhD, and John Burton, MD, as primary investigators, and Tania Strout, RN, Barry Worthing, RN, Pam Jordan, RN, and Tracy Tippee, MD, as secondary investigators, have just received funding from the Emergency Nurses Association Foundation and the Emergency Medicine Foundation for their Team Grant. This proposal was a collaborative effort entitled "The Efficacy and Feasibility of a Collaborative Approach for Reducing Pain in Emergency Department Lumbar Puncture Patients." Funding for the grant begins on July 1.

New Study in Progress

A new research project has recently begun in NICU evaluating the effectiveness of gel pillows in reducing the head molding frequently experienced by

premature infants. To date, 14 infants have been randomized to the usual isolette mattress or the gel pillow. Research Assistants Megan Lane and Christine Smith, graduate students at USM, and Karen Martinho, RN, a NICU staff nurse and a graduate student at Northeastern University, take head measurements weekly. Primary investigators for the study are Patty Goodwin and Heidi Toews, Staff Nurses in NICU, and Cindy Jesseman, a Neonatal Nurse Practitioner.

In Appreciation

It was a great honor and a surprise to be recognized by the Kappa Zeta Chapter for my work in the conduct and utilization of research. It is even more wonderful to be recognized for doing work that I love to do and that which gives me great professional and personal satisfaction. This award would not have been possible without the interest and enthusiasm of the nurses at MMC and the support of Nursing, Research, and Hospital Administration. Thank you all.

—Alyce A. Schultz, RN, PhD,
Nurse Researcher

Patient and Family Education

Meeting the educational needs of patients who are hospitalized for very short times is difficult at best. When patients are not acutely ill, healthcare providers have brief contact with them, as well, in emergency, outpatient, and ambulatory surgical settings. Yet, more than

ever, patients are challenged to take responsibility for their own care. They must learn to care for themselves at a time when they are experiencing stress and anxiety which reduce everyone's ability to learn and remember.

The Institutional Patient and Family Education Committee is here to help. We are an institution-wide, multi-disciplinary group whose goal is to promote the development and use of accurate, reliable, and easy to understand educational materials. Both print and non-print materials, such as the videos on the Interactive TV System, can be helpful in support of the instruction of the provider.

A new "Guide to Developing and Evaluating Patient Education Materials at Maine Medical Center" is now available. It includes guidelines on development, content, format, reading level, and approval of materials as well as a sample standard brochure and Patient Information Sheet. We also have an Inventory of MMC brochures and videos. The Guide and Inventory are located on the MMC Intranet under the Patient and Family Education Committee.

As we prepare for JCAHO review next spring, members of the Committee are available to answer your questions and advise you in reviewing, updating, and developing your resources for patient and family education. Please contact Jackie Edgecomb, Mary Keysor, or Cathy Prouty, Team Facilitators, for more information.

—Janice Charek, MSN, RN, C,
Staff Development Specialist

Nursing Services publishes *Nursing Bi-Line* every eight weeks. Comments, questions, and suggestions are referred to Linda Pearson, RN, MEd, Editor, 871-2734.

Marketplace

In order to ensure that everyone has an opportunity to use the Marketplace, ads may be placed *once only*. Repeats will be permitted only on a space-available basis.

FOR SALE

Yokota 12-speed hybrid bike. Owned many years, used little. \$50 Call 332-5599.

Barely used Nordic Track Ellipse Machine. Kind to the joints, great workout. \$425, can deliver. Call 767-3219.

Specialized Cirrus road bike. 51cm, clipless pedals, computer included, well maintained. Shoes included (size 8 women's). \$300 or BO. Call 774-2642 x222 M-F 8:30am-4:30pm.

Vermont Casting Radiance vent-free propane stove with glass front and logs. 35,000 BTUs. Great for family room. \$850. Call between 12-5pm or leave message at 839-6117.

Kenmore washer/dryer, \$150/pair. Peavey 3020 PA speakers \$175/pair, Sony Playstation, \$65. 772-4342.

Dynamo Pride Electric Scooter. Exc. cond., \$1,300. Call 797-3784.

1995 Mitsubishi Eclipse. Well maintained, fun to drive, runs great. Moonroof, A/C. Must sell -- moving overseas. \$6,300 Call 892-3061.

1987 Honda Accord. 4 dr, new power steering pump, new alternator belt, 174K mi., new tires. Runs exc. Blue Book lists \$2,900. Must sell. \$2,300 or BO. Call 854-4823 or 871-2286.

1988 Mercedes Benz 190E 2.3, palomino, leather, auto, sunroof, CD player, 2 studded snow tires, current sticker, \$4,000. Call 781-4280 or 879-8045.

1996 Nissan Maxima SE, Black/Black Leather, 3.0L V6, 5 spd, dual power heated seats, moonroof, Bose stereo w/tape & CD, A/C, wing, alloy wheels, exc. cond. \$11,995. Call 233-8991 or email rmsjazz@maine.rr.com.

1993 Honda Civic EX coupe. Red, 2dr, sunroof, CD player, power locks & windows. Blue Book value \$5,690. Selling for \$4,500. Great car! Call 773-0521 or 871-4811.

1989 Honda Accord LX, automatic, 140K miles, power windows, locks. Blue Book value \$4,255 asking \$3,000. Exc. car needs good home! Call 831-2775.

Gray, 4 BR cape. 8 yrs young in exc cond. Cathedral ceilings, skylights, daylight basement, double flu chimney, new attached 28x26 garage with room above, newly tarred driveway on 2 private acres 1.5 miles from turnpike exit 11. 20 min. to Portland. \$189,900. Call 657-5025.

FOR RENT

Summer sublet, 6/22-8/15. Quiet, sunny, 2 BR, furn. condo w/large private yard, near W. Prom. Parking, W/D. \$940/mo. incl. utils. Call 882-9494 or email wt@2tarch.com

Sm. 2 BR house, nice S. Portland neighborhood. Large yard w/ deck, W/D, gas grill. Furn. with dishes, pots/pans, bedding, telephone. Ready to move in. \$1,400/mo. incl. all. Call 749-4372.

Westbrook, 2BR. Avail 7/15. Sunny, new carpet & paint, large deck, parking, coin-op laundry, some storage, no pets, NS, no section 8, lease, sec. dep. \$700/mo + utils. Call 854-8806.

2 BR apt. 3rd floor, hardwood flrs, garage space, basement storage. Brighton area. NS. \$850/mo. Call 773-2374.

Portland, Windsor Heights. 3 BR Victorian near beach on double lot with ocean views. Avail July 1. \$1,800/mo. Call 781-4264.

Little Sebago camp. 2 BR, water-front, sandy beach, shower, dock, avail 6/30-7/6 and 7/7-7/13. Call 929-4770 after 2 PM.

Spacious 1 BR apt., West End,

The deadlines for announcement-length items and **MARKETPLACE** are

June 22 for the July 3 issue

and

July 6 for the July 18 issue.

All items must be in writing

and may be sent by

interoffice mail to the Public Information

Department, by e-mail to barstj,

or by fax to 871-6212.

hdwd. floors, sunroom, storage, parking, heat/hot water incl., NS or pets. \$735/mo. Call 650-2487.

Thomas Pond camp, Raymond. Quiet, waterfront access, screened porch, full K. Sleeps 6, 3 BR, 1BA, NS, no pets. \$750/wk. Call 797-2970.

ROOMMATE WANTED

Share No. Deering home with 2 active F seniors. Large yard, patio, garden spot, great neighborhood, W/D access, etc. NS. \$500/mo + 1/3 utils. Call 797-3784.

Seeking prof. NS M, to share 3 BR house in nice Cape Eliz. family area. \$500/mo. + 1/2 utils. Call 871-6192.

WANTED

Exp. PCA desires part-time work. Will do personal care, housekeeping, companion, etc. Very reasonable rates and exc. refs. Call 797-9594.

Exp. painter, needed immed. Must be dependable, have transportation. Call 892-6186.

SERVICES

Shrubs and trees pruned. Certified arborist with 30 years exp. Reasonable rates. Call 828-4421.

FREE

Two cats to good home. Both F, neutered, declawed in front. In excellent health. One is 15 YO, one 5 YO. Very well behaved. Must go together. Call 773-7142.

What's Happening?

at Maine Medical Center

- All month Healthviews. Comm. TV Network TV 4, Thursdays, 1400 & 2000 hrs; Fridays, 0700 hrs.
- June 22 Medical Services Federal CU info, Bramhall ground floor corridor, 1100-1500 hrs. 6/27, Brighton; 7/6, Scarboro.
- July 6 Nursing scholarship deadline. Call 871-2397.



ASAA A.W.A.K.E. Network

A Health Awareness Group for People with Sleep-Disordered Breathing Sponsored by MMC

Why Can't I Sleep?

A discussion of the causes of insomnia in adults

Wednesday, June 20, 1830 -- 2030 hours

Dana Auditorium

Presented by

Robert McArdle, DO, Maine Sleep Institute

Family members and friends are welcome to attend. For more information, call the Maine Sleep Institute, 871-4535.

About People

- At the annual New England Emergency Medicine Research Conference in April, the **MMC Emergency Medicine Residency** took first place in the top two categories, with all eight New England residency programs competing. Best Oral Presentation: **Tony Bock, MD, John Burton, MD,** and **Tania Strout, MD,** for *Randomized Trial of Etomidate vs. Midazolam for Acute Anterior Shoulder Dislocation*. Best Residency Poster Presentation: **Teresa Pazdral, MD, John Burton, MD,** and **Jay Bradshaw, MD,** for *Amiodorone Costs for Cardiac Arrests in a Rural EMS State*, chosen from among 65 entries.
- *Pharmacodynamics of ceftriaxone and cefixime against community-acquired respiratory tract pathogen* has been published in the **International Journal of Antimicrobial Agents** by Rob C. Owens, Jr., PharmD, et al. Owens is a Clinical Pharmacy Specialist in Infectious Disease, Pharmacy Services.
- *Monitoring Sedation, Agitation, Analgesia, Neuromuscular Blockade, and Delirium in Adult ICU Patients* was published in **Seminars in Respiratory and Critical Care Medicine**. It was co-authored by Richard R. Riker, MD, Critical Care Medicine, and Gilles L. Fraser, PharmD, Clinical Pharmacy Specialist for Critical Care, Pharmacy Services.
- **Albert Dibbins, MD,** received the Maine Pediatrics Hall of Fame Award, given by the American Academy of Pediatrics for exemplary service.

Dear *What's Happening*,

I read my Honor Night issue and caught a few familiar names that might still know mine! Including "and for 50 years, Shirley Eastman".

How I always enjoyed working with her and remember her smile. Please greet her for me!

Respectfully,

Edith Vance, RN

R1, Electrotherapy, Etc.

"Mother Meserve's Classmate"

What's Happening is published every other week at Maine Medical Center for members of the hospital community and for friends of the institution throughout Maine and northern New England. Comments, questions, and suggestions may be addressed to the Office of Public Information, MMC, 22 Bramhall Street, Portland, Maine 04102-3175. (207) 871-2196. Editor: Wayne L. Clark.

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